

Wednesday

Beef and Green Bean Stir Fry
Milk, fluid, nonfat, calcium fortified (fat free or skim)
Bananas

Servings: 6

Serving size: 1/6 of a menu.

Amount Per Serving	
Calories	679.16
Calories From Fat (40%)	273.35
% Daily Value	
Total Fat 30.51g	47%
Saturated Fat 11.3g	57%
Cholesterol 103.6mg	35%
Sodium 1206.32mg	50%
Potassium 1463.25mg	42%
Total Carbohydrates 61.91g	21%
Fiber 6.36g	25%
Sugar 34.87g	
Protein 41.46g	83%

Beef and Green Bean Stir Fry

Simple and delicious, with complementary colors as well as flavors, this robust stir-fry features crisp green beans, sweet red bell peppers, and pungent garlic. Great with pork too. Try it served over Asian noodles instead of rice and add a side dish of savory marinated cucumbers.

4	Tbs	tamari soy sauce	1 ½	Tbs	arrowroot or cornstarch
4	Tbs	white wine vinegar	¾	cup	red onion, thinly sliced
1 ½	Tbs	mild honey	2		red pepper, seeded and chopped
3		large cloves garlic, minced			Sea salt, to taste
1 ½	lbs	lean steak, cut into cubes or thin slices			Ground black pepper, to taste
3	cups	fresh green beans, trimmed and cut into 2-inch pieces	6	cups	Cooked Jasmine rice or Japanese Soba noodles
3	Tbs	canola oil			

- 1 Whisk together tamari, vinegar, honey and garlic in large bowl. Add steak and toss to coat. Cover and refrigerate at least 1 hour and up to 4 hours.
- 2 Blanch green beans in large pot of boiling salted water for 2 minutes. Drain. Rinse under cold water; drain well.
- 3 Heat 1 tablespoon of the oil in heavy large wok or skillet over medium-high heat. Drain meat well, reserving marinade. Add arrowroot or cornstarch to reserved marinade and stir until smooth; set aside. Add steak to wok or skillet and stir-fry until almost cooked through, about 2 to 3 minutes. Remove to a plate and set aside.
- 4 Add the remaining tablespoon of oil to the skillet. Add onion, red pepper and green beans. Stir-fry until crisp-tender, about 2 to 3 minutes. Return beef to the skillet. Cook until the meat is done, another minute or two. Stir the reserved marinade and add to the skillet. Stir until sauce thickens and coats meat and vegetables, stirring constantly, about 2 minutes. Adjust seasonings to taste with salt and pepper.
- 5 Serve over rice or noodles.

Servings: 6

Nutrition Facts

Serving size: ⅙ of a recipe (11.3 ounces).
Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.
Nutrition information calculated from recipe ingredients.

Amount Per Serving	
Calories	487.69
Calories From Fat (55%)	266.03
% Daily Value	
Total Fat 29.68g	46%
Saturated Fat 10.88g	54%
Cholesterol 98.66mg	33%
Sodium 1076.7mg	45%
Potassium 630.79mg	18%
Total Carbohydrates 22.98g	8%
Fiber 3.29g	13%
Sugar 8.46g	
Protein 31.78g	64%

Source

Source: Whole Foods Market